

Chinatown Groups Work to Increase Voter Registration, Participation

By Adam Smith

As the November 2 election approaches, Chinatown organizations have been working to promote voter participation and registration among the area's Chinese community. Because many representatives for Chinatown are uncontested (Congressman Michael Capuano, state Senator Dianne Wilkerson

and Representative Salvatore DiMasi are all unchallenged), the presidential election will likely get the most attention in the neighborhood. Boston Asian Youth Essential Services, a Chinatown youth services provider, has been working to get its voting-aged teens to register, said the agency's director, Jane Leung. "Our staff has definitely

helped our own teens to register to vote," said Leung.

DON'T FORGET TO VOTE ON NOV. 2. VOTER GUIDE P. 8.

Additionally, she said, the teens have volunteered to help new citizens register. They recently

assisted immigrants who became new citizens to register to vote at a swearing in ceremony. "Our teens alone [helped register] 90 people," she said. "They were quite proud of themselves." The Chinatown Resident Association, according to member Michelle Yee, holds ongoing voter registration drives and reminds members to tell their neighbors to vote in elections.

"We try to get people to think of it as an ongoing process," said Yee. The Boston Chinese Evangelical Church also works to increase voter participation and registration, including providing bilingual voter registration forms to its congregation and writing in the church's mag-

CONTINUED PAGE 3

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Chinese Community Supports Ming's Market

Apartment Complex Might Replace Chinatown Area Supermarket

By Adam Smith

Well over a hundred members of the local Chinese community as well as many South End residents overwhelmed a city development meeting Wednesday night that detailed plans to demolish Ming's Market, a quarter-century-old Chinatown-area grocery store, and replace it with a market-rate apartment complex. The Hamilton Company, which is headed by Boston developer Harold Brown, has rented space to Ming's Market at 1102 Washington Street since

CONTINUED PAGE 3



Residents of Chinatown, the South End and other areas came out to support Ming's Market at a meeting in the South End on Wednesday night.

After Five-Hour Sit-In, Chinatown Group and City Development Agency Still Butt Heads

By Adam Smith

The Chinese Progressive Association and the city's development agency have yet to agree on how much the Chinatown-based association should pay in condo fees for space it hopes to buy at the new Metropolitan housing complex in Chinatown, but might be close to an agreement in coming weeks. The association led a 30-person, five-hour sit-in at the Boston Redevelopment Authority's city hall office on October 4, hoping to persuade city officials to lower the condo fees. Top directors of the BRA met with a few of the association's leaders the day following the sit-in but neither group

CONTINUED PAGE 5



Protesters, including city councilor Chuck Turner at far left, at a five-hour sit-in at the BRA. Photo by Adam Smith

Biolab Meeting Revives Debate

By Adam Smith

After months of quiet, the debate over the proposed Boston University biodefense lab sparked up again at a meeting last week. The meeting was part of the Boston Redevelopment Authority's review of the mostly federally funded facility, which would be located on Boston University Medical Center's Biosquare campus in the South End, a neighborhood

CONTINUED PAGE 4

Anna Wong Yee Becomes Community Liaison for Silver Line Phase III

By Adam Smith

Anna Wong Yee, once a familiar face in Chinatown, is back.

Wong Yee has been hired as a community liaison for the Silver Line Phase III, which involves running new underground bus tunnels along Essex and Boylston Streets and possibly in Bay Village and Chinatown.

As community liaison, Wong Yee will inform the community of new developments in the Silver Line project and inform the MBTA (Massachusetts Bay Transportation Authority) of what the community residents think of those developments.

"I think it's important to have a very close, two-way communication," said Wong Yee, who is fluent in Mandarin, Cantonese, Toisanese, and English, and she is a court and conference interpreter.

She said that she will be at community meetings about the Silver Line and

will meet with community members before and after meetings to discuss the project.

Plans to locate tunnels and portals in Chinatown have met criticisms because of the disruptions



Anna Wong Yee

they would likely cause businesses and residents. The Phase III part of the project would connect the line's existing service from Dudley Square to downtown Boston to the line's planned service from downtown Boston to the South Boston Waterfront area and Logan Airport.

A proposal to locate a portal near the DoubleTree hotel on Washington Street has met objections as well as a proposal to locate a portal at Elliot Norton Park.

When asked about the criticisms of the project, Wong Yee said that they are part of a "normal process" and noted that the MBTA had cut earlier plans to locate a portal at the Wang YMCA because of opposition.

In addition to her translation and interpretation work, Wong Yee has also worked as an English teacher and at the Women's Institute for Housing and Economic Development.

In the late 1970s and in the 1980s, she edited and wrote for the Sampan newspaper.

She said she's "excited" about returning to the community.

For questions about the Silver Line Phase III, Wong Yee can be reached at (617) 778-0713 or anna_yee@urscorp.com.



CHINATOWN PHOTO FROM THE PAST

A Familiar Sight in Chinatown

This photo was taken in the fall of 1991 and is of a building being demolished on Washington Street. The China Trade building can be seen in the distance. Chinatown recently saw more demolition in the area to make way for the construction of the upcoming 28-story Park Essex building and a developer plans to demolish more buildings on Washington Street, including the 1908 Gaiety Theatre, to build the 30-story Kensington Place.

Chinatown Park Meeting October 21

By Adam Smith

State and city officials will meet on October 21 at St. James Church to discuss a new design proposal for Chinatown's park.

The design is a response to suggestions and criticisms by Chinatown and Leather District residents and community leaders who attended last month's community meeting for the nearly acre-sized park near the Chinatown gate.

Some community leaders and area residents have said they are concerned that features of the so-called "signature" park were cut or reduced. For example, a traditional splash fountain has been replaced by a fountain that would create a fog mist, and a giant structure representing an Asian-style



Image of the Chinatown park

lantern has been eliminated. Pylons with flags were also taken out of the park's design at the last meeting.

The park's funder, the Massachusetts Turnpike Authority, has said that the features were unpopu-

lar and weren't stylistically aesthetic, while supporters of the features said that a more likely reason for the cuts was bad budget projections.

Chinatown's park is one of three Central

Artery/Rose Kennedy Greenway parks that will be constructed in Boston where segments of I-93 have gone underground into tunnels. The other two parks are in the Wharf District and the North End.

The meeting is at 6 p.m. at St. James Church, 125 Harrison Ave., Boston.

For more information, call Stephanie Fan at (617) 357-7079

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by Lillian Chan

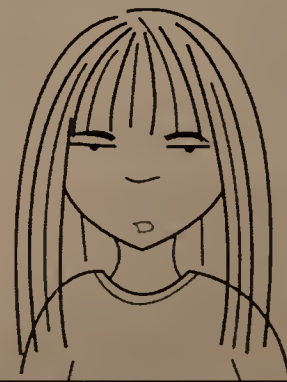
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Ming's Market FROM PAGE 1

1990 and now plans to terminate the lease and build a 96-unit apartment complex called Hamilton Towne Gate at the site. The Hamilton Company says that the project, which would consist of two seven-story buildings, would "improve" the corner of Washington and Berkeley Streets, help revitalize that part of the South End, provide 16 "affordable" rental units, and create construction jobs.

Many at the meeting, however, said the proposed benefits would provide little to help the community, especially because they feared Ming's Market would be forced to either relocate or go out of business.

When told that Hamilton Co. estimates its project will create 20 jobs and that Ming's now employs about 92 workers, Bill Moy, a leader of the Chinatown Neighborhood Council, said: "I know that's not a good trade off."

Attendees gasped when they learned that the "affordable" apartments, which would be mostly small studios, would cost \$1,156 to \$1,734 a month.

"Having this project

benefits [only] Hamilton Company," said Henry Yee of the Chinatown Resident Association. Yee said that many area residents would not be able to pay the rents of the affordable units.

But the most passionate argument advocating for Ming's came from the store's security officer of six years who identified himself as Mark. "My question to you people is, You plan on relocating us, how long of a period is it going to take? How much money is it going to take out of all of these people's pockets?" he said, pointing to a crowd of Ming's employees. "[These people] are my friends, my family. How much money are you going to take out of our pockets, my pocket, I've got a 20-month-old kid that I have to support."

According to Ellie Lee, a daughter of the founder of Ming's, the store owners first knew of the plan to build Hamilton Towne Gate when Hamilton Co. presented them with an eviction notice in February.

"It shouldn't have been a surprise," said Brown, head of Hamilton. He said that the lease always had a "demolition clause" allowing Hamilton the right to raze the building.

"Ming's and I have always been friends," said

Brown. "It will all work out in the end." Reworking the project to include space for Ming's is "under consideration," he added.

According to Randi Lathrop of the Boston Redevelopment Authority, Mayor Thomas M. Menino will urge Hamilton to work with Ming's for either a relocation plan or a plan to keep the market at the existing location.

According to a June Sampan interview with Winnie Ho, part owner of Ming's, the supermarket was founded in 1978 when it was located on Beach Street and employed only 15 people. Over the years, the store grew and moved around in Chinatown. In 1989, a fire on Essex Street, where Ming's was located at the time, forced the store to move to its current 1102 Washington St. address.

During the market's 14 years on Washington Street, it grew from employing 40 people to over 90, and the store's floor and storage space nearly doubled in size to 35,000 square feet.

In the June interview with the Sampan, Ho said that because that block of Washington Street was rundown in 1990 when Ming's moved in, "We took great risks moving here."

BRA

PUBLIC MEETING

The Boston Redevelopment Authority is extending the public comment period regarding the Project Notification Form ("PNF") for the

Hamilton Towne Gate

Project Proponent: Hamilton Towne Gate, LLC

The deadline for written comments regarding the Hamilton Towne Gate Project PNF is 5:00 PM on December 14, 2004.

Comments should be directed to:

Ms. Maria Faria, Assistant Director of Housing
BRA, Room 918, City Hall Square
Boston, MA 02201-1007

FAX: 617.742.7783 (attn: Maria Faria)
EMAIL: maria.faria.BRA@ci.boston.ma.us

The Hamilton Towne Gate Project includes the redevelopment of 1102-1130 Washington Street, 104-118 East Berkeley Street and 379 Harrison Avenue in Boston's South End neighborhood. The Hamilton Towne Gate Project consists of the consolidation of lots, the demolition of existing structures and the construction of approximately 96 residential units, ground floor retail space and approximately 161 parking spaces.

The PNF may be reviewed at the Office of the Secretary of the BRA, Room 910, Boston City Hall, Boston, MA 02201 between 9:00 AM and 5:00 PM, Monday through Friday except legal holidays. An additional copy of the PNF is on reserve at the Boston Public Library's South End Branch, 685 Tremont Street, Boston, MA (open Monday, 10:00 AM - 6 PM, Thursday, 10:00 AM - 6:00 PM, Friday, 9:00 AM - 5:00 PM and Saturday, 9:00 AM - 2:00 PM).

Harry Collings
Executive Director/Secretary

Boston
Redevelopment
Authority



City Hall 9th Floor
1 City Hall Square
Boston, MA 02201
617.722.4300

Promoting Voting in Chinatown

FROM PAGE 1

azine about the importance of voting.

"We've done sermons on it," said senior pastor Steven Chin. "We know that it's a big election and it's important to get people involved in it as much as we can."

The Boston Chinatown Neighborhood Center provides citizenship classes and holds voter registration drives.

By far, one of the most active Chinatown groups is the Chinese Progressive Association, which holds voter education workshops, mails bilingual voter to Chinese residents, and provides bilingual information about how to vote, the candidates, and how to use voting machines.

"Our biggest efforts have been on voter education and voter turnout," said Lydia Lowe, director of the association. "It doesn't matter if you're registered if you don't come out and vote."

For more information about voting or to find out about voter education workshops offered by the Chinese Progressive Association, call (617) 357-4499.

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Congressman Mike Capuano
8th District, MA

Biolab Debate Burns on

FROM PAGE 1

adjacent to Chinatown.

At the center of the lab debate are the facility's level 4 labs, also known as "hot labs," and the fact that the facility's primary focus would be on biodefense. BU officials dropped the word "biodefense" from much of their presentation of the facility at the meeting last week and focused on the possibility of finding cures for more common infectious diseases.

BU's Dr. Mark Klempner, who would head the project, stressed the lab's role in infectious disease research, showing a list of pathogens and diseases that included HIV, SARS, influenza, and staphylococcus toxin. He did mention that the lab would also be used to find cures and therapies for "bioterror" agents, such as anthrax or plague.

According to the documentation by the lab's major funding source, the National Institute of Allergy and Infectious Diseases, the facility would support a "biodefense agenda." Also, the highly secure level 4 labs are used to study the world's most hazardous,

highly infectious pathogens, many of which have no known cure, such as Ebola or Marburg. Boston already has university and hospital labs that have the capability of studying most non-level 4 agents, such as AIDS, influenza and SARS.

Currently, only about five facilities in the country -- including the Centers for Disease Control and Prevention in Atlanta, Georgia -- house level 4 labs. BU's proposed facility would have one of the nation's largest level 4 lab suites, and also include less hazardous level 2 and 3 laboratories, which already exist locally at universities and hospitals, including BU.

The labs' critics say they fear a level 4 pathogen could escape the facility's high containment labs -- either deliberately or accidentally -- and put city residents at risk. But lab supporters point out the safety record of existing level 4 labs in the U.S., which have never caused a community outbreak in the U.S.

Opponents of the laboratory were allowed 10

minutes at the podium to make their case against the project. Labs critics seized the opportunity to say that a city health regulation would need to be violated for the lab to operate at full capacity -- a claim BU officials have denied -- and to say they didn't trust a worst-case risk assessment put forth by the proponents saying the potential release of infectious agents is "negligible."

Compared to previous biolab meetings, many people at the meeting last week appeared to support the project, and for each person who spoke against the lab, another spoke for it. During the comment period, some opponents of the biolab accused BU officials of stacking the event with supporters who have a vested interest in the project -- such as construction and trade union members and scientists who would benefit economically from the facility. Meanwhile, supporters of the lab accused lab critics of "fear mongering" and telling half truths about the lab to scare people into opposing it.

Virologist and Ebola

researcher Karl Johnson, MD, said he favored having the lab in Boston, and told of the complex and redundant safety measures that go into level 4 labs. In such labs, researchers wear space suits and the air, which is filtered twice to rid it of contaminants, flows into the lab and not out.

Johnson spoke of an incident in which about a gallon of Marburg virus was dispersed inside a level 4 lab in Johannesburg, South Africa. Because of the lab's ability to contain biological agents, he said, "nothing happened."

"This kind of lab is safe, anywhere in the world," he said.

Lab critics, however, pointed out that it is commonly suspected that the anthrax letter attacks of 2001 originated from anthrax that was taken from a high containment laboratory within the United States.

The Boston Redevelopment Authority comment period for the lab will end Oct. 25.



Double Tens in Boston

The Taipei Economic and Culture Office (TECO) held its annual Double Tens celebration in the Copley Plaza Hotel on Oct. 7. Dr. Sun Yat-Sen founded the Republic of China (Taiwan) 93 years ago. The director of TECO, C.K. Liu, said he hopes that overseas Chinese and international friends keep supporting Taiwan.

The event included Frank Chin, the coordinator of the celebration in Boston, Ramon Chan, the president of CCBA, and Maine state representative Patrick Colwell.

-Photo and text by Anita Chang

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For more information, contact Stephanie Fan, Chinatown Co-chair, at 617.357.7079 or sanfanpeach@aol.com David Seeley, Leather District Co-chair, at seeley@daveseeley.com.



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Chinatown Group Protests BRA

FROM PAGE 1

agreed on the other's demands.

The Chinese Progressive Association claims the BRA has derailed its plans to purchase space at the Metropolitan by "unfairly" requiring the association to pay condo fees for twice the amount of space it would actually own. This, argues the association, would force it to subsidize BRA-owned units. The BRA, however, said in a letter that the condo fees are fixed under state law and based on the value of the units, not on the size of the units. The city agency maintains that the Chinese Progressive Association's space would not be subject to the restrictions that BRA-owned space would be subjected to and therefore should be charged a higher condo fee. The BRA also pointed out the successes of the Metropolitan building, which has a high percentage of low and moderate income housing units.

But the Chinese Progressive Association said that the BRA had agreed to price the condo fee according to size when the group threatened to protest at the ribbon cutting ceremony for the Metropolitan's grand opening. After the grand opening celebration -- and after the association agreed not to protest -- however, "the BRA reneged," said Lydia Lowe, the association's director.

Additionally, the association has said that the Metropolitan's developers had for years "verbally promised" low-cost rental space in the housing complex, but the combination of higher-than-expected condo fees and the sale price would be too expensive. The BRA has said it is "committed to finding a solution" to the dispute.

According to the Chinese Progressive Association's leaders, the day after the sit-in, the BRA offered to subsidize some of the condo fees for the Chinese Progressive Association for 10 years, but the association rejected the proposal, saying it would not be able to afford

the fees after the decade is up. The BRA did not confirm or deny that the agreement was proposed.

Earlier this week, Lowe, the director of the association, said an agreement might be announced soon.

The Metropolitan's site, known as Parcel C, has a long and controversial history in Chinatown. Throughout the 1980s and 1990s, the Chinese Progressive Association, along with other Chinatown groups, had opposed putting a large parking garage on the site and had pressured the BRA to designate the site

as a location for a community center.

The Chinese Progressive Association's sit-in at the BRA came after it held a rally the same day outside city hall. The group timed the rally, which included city councilors and Chinatown residents, to coincide with the BRA's hiring of a "deputy director for compliance," a position that has been called, the BRA's "promise keeper."

Accusing the BRA of a history of "broken promises" especially to Chinatown, the demonstrators charged they would closely follow to see

that new promises will be kept and that old promises are met, and they said they will assist the new "promise keeper," Christine Colley, in doing her job.

Demonstrators waved placards listing the BRA's "broken promises" and said that the agency has a "half-century" history of breaking commitments with Boston's residents. Councilor Felix Arroyo insisted that the BRA be separated from its planning function, and councilor Maura Hennigan called the BRA a "master at having a forgetful memory."

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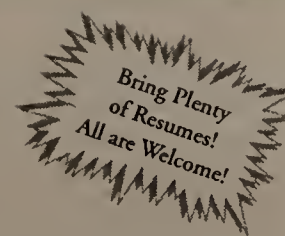
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With a Motherly Touch, Buk Kyung Feels Like Home

By Dennis The

Eating at Buk Kyung in Somerville reminds me of eating at home. My mother would always serve meals, and, most importantly, the food was always good. After all, there is nothing like a home-cooked meal. The wait staff at Buk Kyung exudes overwhelming motherliness, the warm smile, the friendly demeanor and look of concern that makes you feel like you're at home. This is very important for those of us who are far away from our homes.

The first time I dined at Buk Kyung, the wait staff took me aback. I even felt a little uncomfortable having women, my mother's age wait on me. In fact, I almost felt inclined to help with clearing the table and doing the dishes. This sweetheart of a woman, who had warmly told us that she had two children

here in the U.S. and that she had only been here for two years, waited us on.

Buk Kyung is a popular restaurant in Somerville, frequented by Koreans from all over Boston. Its specialty is the Tong Man Doo (Korean-style steamed dumplings, \$7.95), Lojoki (sliced chicken and vegetables sautéed with garlic and hot red pepper sauce, \$12.95) and Samsun Ganjang (traditional Korean noodles with seafood and black bean sauce, \$10.95).

Now this dish that I am about to explain to you is my absolute favorite chicken dish in all of Boston. When you order the Lojoki, make sure to mention that you wish to have it with bones. This provides for a more tasty and flavorful part of the chicken. What comes out of the kitchen is magnificent to say the least. It is a grand ensemble of 12 to 14 drum-

sticks deep-fried in batter and coated in a thick garlic and hot, red pepper-flavored sauce with tiny hot peppers swimming in the sauce. On the side is a hearty portion of thinly sliced cabbage, accompanied by a pretty carrot garnish. Anyway, if you are as enthusiastic about food as I am, it is quite a sight to behold. Mix the cabbage with the spicy sauce and enjoy that with the chicken as well. The chicken is piping hot and has a crunchy exterior. Once you bite into the crunchy exterior, you are met by a tender, juicy white, and certainly heavenly, center.

The Tong Man Doo is an appetizer, but it takes a little bit longer to make, as it is cooked to order. If ordered at the beginning of your meal, expect it to come in the middle of your meal. The dumplings come in a large aluminum pan with a salty vinegar sauce.

The homemade dumplings are delicately wrapped with a hearty portion of meat and vegetables on the inside.

The Samsun Ganjang is a traditional Korean noodle dish served with seafood and vegetables. The dish comes in two parts, one dish is for the noodles, which resembles spaghetti, and another for the seafood, vegetables and thick black bean sauce. A pair of scissors is also brought to the table, to cut the noodles up into smaller pieces to make for easier eating. After cutting up the

noodles, carefully take the dish of thick black-bean sauce, seafood and vegetables, and mix it together with the noodles as evenly as possible. One might be put off by the dark color of this mixture but do not let that deter you. The result is a unique experience that you will not find only in Korean restaurants. The black-bean sauce makes the noodles flavorful but also on the heavy side. I am told that traditionally the noodles are eaten by itself or as a complement to other dishes like rice.

My dinner at Buk

Kyung is always capped off by the friendly service and homey feeling I derive from my visits. It definitely makes being far away from home a lot easier. You can sit down and actually enjoy dinner, just like at home, with Mom.

Buk Kyung
Union Square, Somerville
Mon-Sat. 11:30 a.m.-11 p.m.; Sun noon to 10 p.m.

Removing the Asian Stigma Associated with Cancer

By Anne S. Abbott, Tufts Medical School Student

According to Dr. Geoffrey Chan, the cancer liaison physician for the Commission on Cancer at the New England Medical Center, Asians have a cultural stigma associated with cancer and opt not to know if they have the disease. This needs to change because if you wait until you are feeling sick, it will be too late to treat or cure the disease. Sampan interviewed Dr. Chan about this stigma associated with the "C word."

Q. Why are you educating

Asians about cancer?

A. The number one cause of death for Asians in the U.S. is not cardiovascular disease; it is actually cancer. There are many things that can be done for the community in terms of prevention, screening, and understanding how cancer is treated in the U.S.

Q. Is cancer a problem for the Asian community in Boston?

A. There are two populations: the populations of Asians that are born in the U.S. have those same risk factors as other Americans. The immigrant populations have a different cancer epidemiology than western

civilization because endemic hepatitis causes hepatocellular carcinoma (malignant cancer of the liver tissues) common among Asian populations. And because of the diets and food that are used in Asian cultures, stomach cancer, which is rare in the U.S., is much more common among Asians. Another example is cervical cancer, which is more prevalent among Asians because the women don't go for Pap smear screenings, so the cancer is not discovered early enough.

Q. Why is cancer screening important?

A. Because for most cancers, if you catch the disease in the early stage, the disease is more treatable and curable than if you catch the disease in an advanced stage.

Q. What can Asians do to prevent cancer?

A. Have awareness and be educated in terms of what cancer is, how cancer is caused, and what can be done to prevent it. It is important to get hooked up into the healthcare system to get regular check-ups in order to get all the cancer

A New Vision for New Shanghai

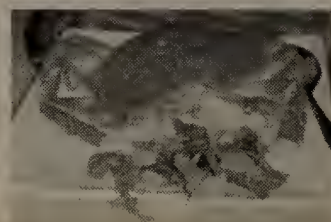
By Dennis The

Harry Lau hopes his restaurant never gets a single complaint.

Lau is one of three new owners of the New Shanghai restaurant on Hudson Street. In one of Chinatown's latest ventures, he is joined by Wallace Chung and Stanley Young, bringing in a remarkable 30 years of combined restaurant and service experience to the table.

It turns out that Lau's comment about complaints refers to running a smooth ship. He stresses the importance of teamwork to all 27 of his kitchen and wait staff and expects everyone to adhere to this philosophy. Lau frowns as he recalls his days of running a bus company, organizing Boston tours as well as transportation to parts of New England. He would spend sleepless nights worrying about keeping tight schedules and finding reliable drivers. He was constantly dealing with complaints from both customers and employees and thus has hopes for a complaint free restaurant. Also included in Lau's past ventures are a Szechwan restaurant in

Springfield, a Chinese café in San Francisco, and even a district manager for a local insurance company. Lau believes that his wide range of experience, coupled with the expertise of Wallace Chung and Stanley Young in the restaurant industry, has helped the three lucky owners find their niche.



A crab dish at New Shanghai

And their niche has presented itself in a perfect opportunity: New Shanghai, which will be part of a new guard of restaurants in Chinatown dedicating their craft and skills to making Chinatown grander and more recognizable in North America, eventually raising the standard of Chinese food in Boston.

I first met Lau, Wallace Chung and Stanley Young about two weeks ago. New Shanghai had extended an invitation to the Sampan Newspaper and other organizations for a lavish dinner, and

the Sampan happily obliged. The purpose was not only to provide us with a screening of their chef's talents but also served as a local meet-and-greet. It was an opportunity to meet with the other Chinese associations and introduce New Shanghai's vision and philosophy. We were spoiled with exotic dishes such as fried lobster, freshly steamed fish, cold crab and juicy chicken. From Chef Matthew Tan's sophisticated masterpieces to Stanley Young's hospitality, the dinner seemed more like a family reunion dinner than a group of strangers meeting over a warm meal.

"I know a lot of people's goal is to make a lot of money in this industry, but I hope that people remember the food and enjoy themselves," Lau said. "We plan to come out with different dishes and new chef specials to keep the public interested."

New Shanghai's dedication to Chinatown is, in a word, refreshing. They exude warmth and hospitality from the moment you step into the restaurant. One cannot help but hope for the best for the new restaurant.

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smoking, going in for cancer screening tests and regular doctor visits, and avoiding heavy drinking and nitrates, which are preservatives common in foods in Asian cultures.

Q. How does someone know if they are at risk for cancer?

A. There are risk factors that you can do something about and, risk factors that you have no control over. Genetics: family history of cancer, especially before the age of 50, might make you genetically susceptible to certain cancers and therefore, you should be evaluated at an earlier age. Lifestyle choices: drinking and smoking puts you at risk for a variety of cancers. If you are a smoker, you have 22 times greater risk of getting lung cancer than a nonsmoker. Age alone is a risk factor: as women get

older, the risk of getting breast cancer increases, and as men get older, the risk of getting prostate cancer increases. If you are an older person, you need your check-ups.

Q. Where can Asians in Boston go for more information about cancer?

A. There are several resources that are available, such as local agencies that talk about education and cancer, local community clinics, and primary care doctors that will have information on cancer because they are the ones that do the screenings. The American Cancer Society has resources and information.

Article funded by the Asian Health Initiative of Tufts-New England Medical Center

Facts and Figures on Asian Americans in Massachusetts

By Michael Liu

The Institute for Asian American Studies at University of Massachusetts Boston has released detailed profiles of Asian Americans in the state and in the 14 cities and towns with the largest concentrations of Asian Americans. These profiles, which are based on the final releases of Census 2000 data, include more detailed data on economics and social conditions of the communities than was previously available. The profiles also have more ethnic-specific data than previously released. As you will soon discover, these profiles paint the picture of an Asian American community that is extremely varied in economic and class status and demography. Some of the new data from the state and Boston compiled by the Institute for Asian American Studies include the following:

Many Asians are Biracial

There is a significant Asian American biracial and multiracial population in the state. One in ten Asian Americans in Massachusetts identifies him- or herself as biracial or multiracial. Nearly two-thirds of biracial Asian Americans identify themselves as white and Asian, and 6% are biracial black and Asian.

Born in the USA

Of the Asian populations (e.g. Chinese, Vietnamese, etc.) in Boston, Vietnamese have the highest percentage of their population born in the U.S., nearly 40%. Less than 27% of Chinese were born in the U.S. Chinese, however, have the highest rates of citizenship and naturalization.

Educational Attainment Varies

Wide disparities exist among Asian populations when it comes to college and graduate school. Here are some stats about higher ed and Asian Americans:

- * Over one-third of Japanese and Koreans are enrolled in higher education compared with only 8.3% of Cambodians and 5.8% of Laotians.
- * Indians and Chinese in Massachusetts are more likely to get a college, graduate, or professional degree than Cambodians and Vietnamese.
- * Chinese mirror closely the educational attainment figures of the total Asian American population.
- * A higher percentage of Indians have college, graduate, or professional degrees than the total Asian American population.
- * When compared to the total Asian American population, a smaller percentage of Vietnamese and Cambodians have received a high school diploma.
- * More than one-quarter of Chinese and Vietnamese adults over 25 years old in Boston have less than a ninth grade education. However, more than 30% of Chinese have a bachelor's, graduate or professional degree, while only 11% of Vietnamese hold such degrees.
- * Indians exhibit very high educational attainment, with over 75% holding bachelor's, graduate, or professional degrees.
- * Low educational attainment is particularly acute for Chinese and Vietnamese females. Over 44% of Chinese females and over 56% of Vietnamese females have less than a high school education.



Wide disparities exist among Asian populations when it comes to college and graduate school

English as Second Language

Nearly 85% of Cambodians who are over age 65 are not proficient in English. Many other Southeast Asians in the same age group also have difficulty speaking English, as do over 78% of Chinese over age 65 who live in Boston. In contrast, all Indians aged 65 or older speak English "well" or better.

Family Sizes Larger than Average

With 4.73 members per household, Cambodians have the largest average household size when compared to other Asian American populations, followed by Laotians, 4.2, and Vietnamese, 3.91.

Work: Who's Doing What

Asian Americans are highly concentrated in management positions and other professional jobs, but they are not as well represented as the total population in management, business, and financial operations. (The differential is more pronounced for Asian American males than females.) Here are some employment stats for Asian Americans.

- * Asian Americans are more likely to be in production occupations than the total population.
- * The percentage of Asian American men in food preparation and service-related occupations is higher than that of men in the total population.
- * The percentage of Asian American men in construction-related occupations is significantly lower than that of men in the total population.
- * Over half of Cambodians and one-third of Vietnamese are involved in production, transportation, and material moving.
- * Indians and Chinese are much more represented in management, professional, and related occupations than are Cambodians and Vietnamese.
- * Chinese and Vietnamese are much more likely to be in service occupations than Indians and Cambodians.
- * Among the different Asian populations in Boston, Chinese males are much more likely than other Asian American males to be in service occupations.
- * Vietnamese are least likely to be in management, professional, and related occupations, and significantly more likely to be in production, transportation, and material moving occupations. Also, Vietnamese males are five times more concentrated in construction, extraction, and maintenance occupations than other Asian Americans.
- * Indians are highly concentrated in management, professional, and related occupations.
- * Asian Americans in Boston are less likely to be in the public sector, 6%, than the population as a whole, 13.3%. They are the least well represented in local government.
- * Among Boston's Asian populations, Indians are the least concentrated in the private for-profit sector, 73.7%, while Vietnamese are the most concentrated, 82.5%.
- * Indians are more likely than other Asians to be found in the private not-for-profit sector, 20.4%, while Vietnamese are the least likely, 6.4%.
- * Indian males are noteworthy in being over twice as concentrated in the private not-for-profit sector, 22.7%, than a male in the overall population, 10.9%.
- * Indians are the least likely to be in the public sector, 4.5%, while Chinese are the most likely, 7.3%.
- * An Asian American in Massachusetts is more likely to be in the private sector as an employee for either a for-profit or not-for-profit company than the total population.
- * Asian Americans tend to have slightly lower rates of self-employment in both incorporated and non-incorporated business than the total population.
- * In the public sector, Asian Americans are slightly more represented than the total population at the state levels, but less represented at the local and federal levels.



Myths v. Reality: It's hard to categorize the careers of Asians

Income Levels Are Not What They Appear

Income very much varies for specific Asian populations in the state: Of the largest eight Asian American subgroups, Indians have the highest median household income -- reaching \$60,000 and up -- while Cambodians have the lowest -- often below \$25,000. In fact, Cambodians have the highest poverty rate when compared with other Asian populations, with almost one in four Cambodian families in poverty.

In between are Chinese and Vietnamese. About half of all Chinese households have incomes less than \$25,000, and 41% of all Vietnamese households are below the same threshold.

In Boston, Indians have the highest median household income while Chinese have the lowest. The median household income of Chinese is lower than that of Asian Americans overall. The Indian median household income approaches that of the total population. Vietnamese have the lowest per capita income. The poverty rate of Vietnamese families is significantly higher than that of Chinese families, which is significantly higher than that of the general population. The Indian family poverty rate is half that of the general population.

Who's a Citizen

Japanese and Indians have the highest percentages of their populations who are not citizens. Cambodians have the highest percentages of their population born in the U.S. Filipinos have the highest rates of citizenship and naturalization; Japanese have the lowest.

Who Owns Homes

Chinese have the highest home-ownership rate while Japanese have the lowest. Chinese, Vietnamese and Indians all have home-ownership rates considerably below that of whites.

Rent: Japanese, Koreans and Indians Pay the Most

Japanese, Koreans, and Indians, respectively, have the highest median gross rents among all Asian American populations, whereas Cambodians have the lowest.

The rents paid by Chinese and Vietnamese are less than that paid by the general population. Indians pay significantly higher median gross rents than that paid by the general population.

For More Information...

The institute has also released a final profile for Brookline and will be releasing future final profiles for Cambridge, Framingham, Lexington, Lowell, Lynn, Newton, Malden, Quincy, Randolph, Somerville, Waltham, and Worcester.

All of these profiles will be downloadable for free off the institute Web site at www.iaas.umb.edu. Printed copies for Massachusetts and Boston for a fee of \$5 are also available from: Institute for Asian American Studies, UMass-Boston, Boston MA 02125.

Michael Liu is a research associate at the Institute for Asian American Studies.

Needing a Helping Hand

A total of 4.3% of the Asian American population receives public assistance, a figure that is lower than that of other non-white groups but higher than that of the total population. A substantially higher percentage of Vietnamese and Cambodians receive public assistance than do other Asian groups. Less than 1% of Indian households receives any form of public assistance income.

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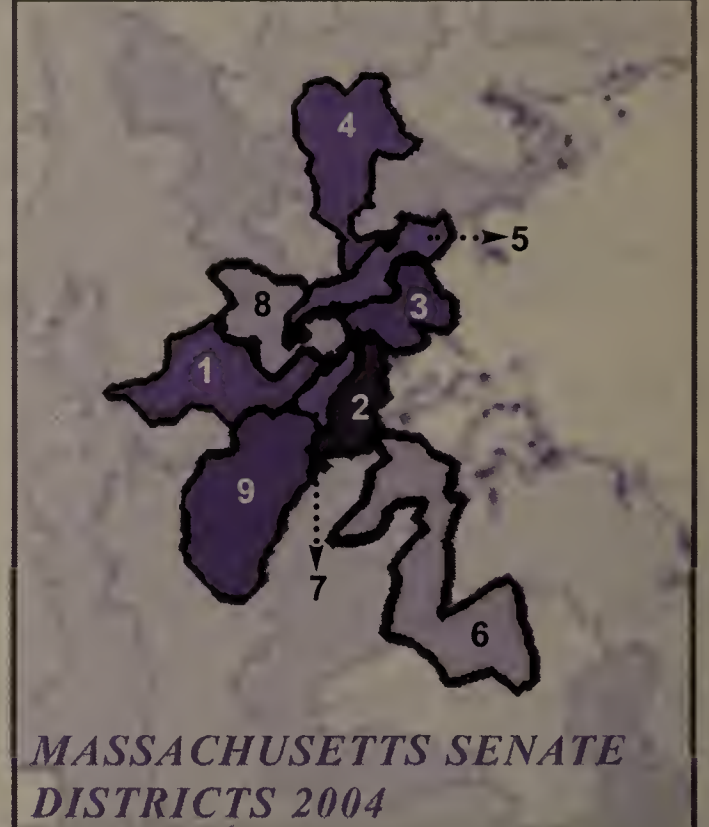
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NOVEMBER 2ND, 2004 VOTING GUIDE



District 4
BARNEY FRANK, DEMOCRAT (incumbent)
Newtonville
versus CHUCK MORSE, INDEPENDENT
New Bedford
District 5
MARTY MEEHAN, DEMOCRAT (incumbent)
Lowell
versus THOMAS TIERNEY, REPUBLICAN
Framingham
District 6
JOHN R. TIERNEY, DEMOCRAT (incumbent)
Salem
versus STEVE O'MALLEY, REPUBLICAN
Lynn
District 7
EDWARD J. MARKEY, DEMOCRAT (incumbent)
Malden
versus KENNETH G. CHASE, REPUBLICAN
Cambridge
District 8
MICHAEL CAPUANO, DEMOCRAT (unchallenged)
Somerville
District 9
STEPHEN LYNCH, DEMOCRAT (unchallenged)
South Boston
District 10
WILLIAM DELAHUNT, DEMOCRAT (incumbent)
Quincy
versus MICHAEL JONES, REPUBLICAN
Plymouth



1) First Middlesex and Norfolk
CYNTHIA STONE CREEM, DEMOCRAT (incumbent)
versus MATTHEW FRASER, REPUBLICAN
NEWTON; Brookline; Wellesley - Pcts. A, C, D, E
2) First Suffolk
JACK HART, DEMOCRAT (unchallenged)
BOSTON - Wd. 1, Pct. 15; Wds. 6, 7, 13; Wd. 14, Pcts. 1, 2, 4, 5, 12, 13, 14;
Wds. 15, 16, 17; Wd. 18, Pcts. 1-6, 21
3) First Suffolk & Middlesex
ROBERT E. TRAVAGLINI, DEMOCRAT (incumbent)
versus GILBERT R. LAVOIE, REPUBLICAN
BOSTON - Wd. 1, Pcts. 1-14; Wd. 3, Pcts. 1-6; Wd. 5, Pct. 3;
REVERE - Wds. 1, 2, 3, 4, 5; Winthrop; CAMBRIDGE - Wds. 1, 2; Wd. 3,
Pcts. 1, 3; Wds. 4, 5; Wd. 8, Pct. 3

4) Middlesex & Essex
RICHARD R. TISEL, REPUBLICAN (incumbent)
versus KATHERINE CLARK, DEMOCRAT
MALDEN; MELROSE - Wds. 1, 2, 3, 4, 5; Reading; Stoneham; Wakefield
5) Middlesex, Suffolk & Essex
JARRETT BARRIOS, DEMOCRAT (unchallenged)
CAMBRIDGE - Wd. 3, Pct. 2; Wds. 6, 7; Wd. 8, Pcts. 1, 2; Wd. 9, Pct. 1;
Wd. 10, Pct. 2; EVERETT; SOMERVILLE - Wd. 1, Pct. 1; Wd. 2, Pct. 1;
BOSTON - Wd. 2; Wd. 21, Pcts. 4, 6, 7; Wd. 22, Pcts. 1, 2, 5; CHELSEA;
REVERE - Wd. 6; Saugus - Pcts. 2, 6, 10
6) Norfolk & Plymouth
MICHAEL W. MORRISSEY, DEMOCRAT (unchallenged)
Braintree - Pcts. 2, 6, 7, 8, 9, 10, 11, 12; Holbrook; QUINCY; Abington; Rockland

7) Second Suffolk
DIANNE WILKERSON, DEMOCRAT (unchallenged)
BOSTON - Wd. 3, Pcts. 7, 8; Wd. 4, Pcts. 1-6, 8, 9; Wd. 5, Pcts. 1, 4-8, 11;
Wds. 8, 9, 10, 11, 12; Wd. 14, Pcts. 3, 6-11; Wd. 19, Pcts. 1-9
8) Second Suffolk & Middlesex
STEVEN A. TOLMAN, DEMOCRAT (incumbent)
versus ROBERT P. FERENCSEK, REPUBLICAN
BOSTON - Wd. 4, Pcts. 7, 10; Wd. 5, Pcts. 2, 9, 10; Wd. 21, Pcts. 1-3, 5, 8-16;
Wd. 22, Pcts. 3, 4, 6-13; Belmont; CAMBRIDGE - Wd. 9, Pcts. 2, 3; Wd. 10,
Pcts. 1, 3; Wd. 11; Watertown
9) Suffolk & Norfolk
MARIAN WALSH, DEMOCRAT (incumbent)
versus ROBERT JOYCE, INDEPENDENT
BOSTON - Wd. 18, Pcts. 7-20, 22, 23; Wd. 19, Pcts. 10-13; Wd. 20; Dedham;
Norwood; Westwood



25th Middlesex District:
ALICE WOLF, DEMOCRAT (incumbent)
CAROLINA JOHNSON, GREEN
26th Middlesex District:
TIMOTHY TOOMEY, DEMOCRAT (incumbent)
DAVID SLAVITT, REPUBLICAN
27th Middlesex District:
PAT JEHLLEN, DEMOCRAT (incumbent)
DANE BAIRD, REPUBLICAN
28th Middlesex District:
EDWARD CONNOLLY, DEMOCRAT (unchallenged)
29th Middlesex District:
RACHEL KAPRIELIAN, DEMOCRAT (unchallenged)
33rd Middlesex District:
CHRISTOPHER FALLON, DEMOCRAT (unchallenged)
34th Middlesex District:
CARL SCIORTINO, DEMOCRAT (unchallenged)
35th Middlesex District:
PAUL DONATO, DEMOCRAT (unchallenged)
1st Norfolk District:
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MARCO SANDONATO, REPUBLICAN
2nd Norfolk District:
ARTHUR TOBIN, DEMOCRAT (unchallenged)
3rd Norfolk District:
RONALD MARIANO, DEMOCRAT (unchallenged)
15th Norfolk District:
FRANK SMIZIK, DEMOCRAT (unchallenged)

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Norfolk County
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Suffolk County
ANDREA CABRAL, DEMOCRAT (unchallenged)

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Norfolk County
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FRANCIS W. O'BRIEN, DEMOCRAT (unchallenged)

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4th Suffolk District: BRIAN WALLACE, DEMOCRAT (unchallenged)
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13th Suffolk District: MARTIN WALSH, DEMOCRAT (unchallenged)
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16th Suffolk District:
KATHI-ANNE REINSTEIN, DEMOCRAT (unchallenged)
17th Suffolk District: KEVIN HONAN, DEMOCRAT (unchallenged)
18th Suffolk District: BRIAN GOLDEN, DEMOCRAT (unchallenged)
19th Suffolk District:
ROBERT DELEO, DEMOCRAT (incumbent)
STEPHEN WHITE, REPUBLICAN
10th Middlesex District:
PETER KOUTOUJIAN, DEMOCRAT (unchallenged)
11th Middlesex District:
KAY KHAN, DEMOCRAT (incumbent)
GREER SWISTON, REPUBLICAN
12th Middlesex District: RUTH BALSER, DEMOCRAT (unchallenged)
24th Middlesex District:
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Dianne Wilkerson, Democrat: (617) 722-1673
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Salvatore F. DiMasi, Democrat: (617) 722-2600
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國務院公佈了 2006 年的綠卡抽籤規則

，今年的抽籤規則仍然與去年一樣只有網路申請才有效，國務院不受理郵寄申請。有意參加DV-2006 綠卡抽籤活動的申請，可以在東岸時間2004年11月5日中午12:00至2005年1月7日中午12:00間，上網至 <http://www.dvlottery.state.gov> 登錄並提出綠卡抽籤的申請。

除了下列國家出生的人士不能參加DV-2006 綠卡抽籤活動外，其他地區出生的人都可以試試機會。不能參加DV-2006 綠卡抽籤的人士包括：加拿大、中國（大陸）、哥倫比亞、多明尼加共和國、薩爾瓦多、海地、印度、牙買加、墨西哥、巴基斯坦、俄羅斯、菲律賓、南韓、英國（不包括北愛爾蘭）及其相關領土、越南。出生於香港、澳門及台灣的人士則可以參加綠卡抽籤。

（一）申請資格：

符合要求的國家的國民：

申請人必須是符合要求的國家的國民：

大多數情況是指申請人出生在這個國家。如果一個

人出生在不合要求的國家，

但他的配偶出生在符合要

求的國家，這個申請人可

以用他配偶的出生國來申請，在

拿到移民簽證時是在他的配

偶的出生國家簽署的，並

且他們同時進入美國。同

樣，如果一個人出生在不合

要求的國家，但他的父

親或母親不是出生在那裡，

或只有生他時住在那裡，

或只有生他時住在那裡，

或只有生他時住在那裡，

或只有生他時住在那裡，

這個人可以利用父母任何一方的出生國為自己的出生地。

教育和培訓：申請人必須具有高中或相當學歷，相當於在美國完成12年學校課程；或者在過去五年裡有兩年工作經驗。

（二）申請程序

1. 不論是自己或他人代為提出申請，每個申請人只能在網路遞交一份申請表。

2. 申請人只能在東岸時間2004年11月5日中午12:00至2005年1月7日中午12:00間，上網至 <http://www.dvlottery.state.gov> 登錄並提出綠卡抽籤的申請。

3. 一旦申請登錄後，國務院會同步發出電子收據。

4. 申請人必須提供除了自己的照片外，還要加上申請人的配偶及18歲以下未婚子女的照片（不論是親生子女、領養、或繼子女），即使這些子女目前與申請人不同住，也必須一併附上；若是申請人的子女已經是美國公民或綠卡持有者則不必一併附上。

5. 照片要求：

* 必須是以Joint Photographic Experts Group (JPEG) 檔傳送。

* 如果照片是以Digital Camera拍攝的，照片必須是彩色或Grayscale（黑白照片不符合規定），且大小必須是320 pixels寬X 240 pixels高，色彩解析度可以是24-bit 彩色、8-bit 彩色，或8-bit Grayscale。

* 如果照片是一般傳統照片，照片必須是2英寸X2英寸（5公分X5公分），並以150 dpi的解析度Scanned。色彩解析度可以是24-bit 彩色、8-bit 彩色，或8-bit Grayscale。



（紐英崙中華公所召開議員大會）

* 照片檔案的不能超過62,500 Bytes。

申請DV-2006 綠卡抽籤必須提供以下資料：

全名：姓、名

生日：日、月、年

性別：男或女

出生城市

出生國：（請使用現在的名稱）

照片：如上述

郵寄地址

電話（可不填，但建議填上）

Email Address（可不填，但建議填上）

婚姻狀況：Yes or No

未滿18歲未婚子女的人數

配偶資料：姓名、生日、性別、出生城市

及出生國、照片

子女資料：姓名、生日、性別、出生城市

及出生國、照片

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2005財政年度 H-1B 名額已發放完畢 H-1B 名額滿後身份問題及如何爭取新名額的申請策略

2004年10月1日晚，移民局宣佈2005財政年度H-1B名額已發放完畢，不再接收新的受名額限制的H-1B申請案。這一消息震動了廣大受H-1B影響的外籍技術勞工及其僱主，對許多已畢業或將畢業的外籍學生和技術勞工的生活求職取向發生重大影響。但是，並非所有外籍勞工的H-1B申請都受名額限制。本文將討論H-1B名額豁免類別，如何應付H-1B名額滿後身份問題及如何爭取新名額的申請策略。

- 一、誰不受H-1B名額限制？
- 下列幾種H-1B申請不受名額限制，可以隨時提件申請。
- 一、在過去六年中已經獲得過一次受名額限制的H-1B的人不受名額限制。因此，大多數H-1B延期和轉僱主案件將不受H-1B名額限制。
- 二、符合要求的大學高校為僱主的H-1B申請不受名額限制。
- 三、符合要求的某些非營利性研究機構或政府關聯研究機構為僱主的H-1B不受名額限制。
- 四、某些特殊的「類執業醫生轉為H-1B不受名額限制」。

特別請注意，如果一個H-1B現在持有者過去一直是給受名額豁免的大學或研究機構工作，現在轉到不受名額豁免僱主工作，該員工轉換申請將受名額限制。所以，此類H-1B員工應謹慎考慮更換僱主計劃，轉換開始時間應定於

2005年10月1日或之後，但是應盡早在2005年4月1日後提件，以爭取2006年的名額。另外，過去六年中只要已獲得過一次受名額限制的H-1B，即便此後轉換成其他身份，現在再申請H-1B亦不受名額限制。

二、等待H-1B新名額時的如何保持合法身份問題。

H-1B年度名額在每年10月1日開始發放，在等待H-1B名額發放的過程中每一個等待H-1B的外籍人士都應保持合法非移民身份，否則，移民局今後即使同意H-1B資格申請，也會要求已失去身份的外籍人士在H-1B獲資格批准後去境外美國使領館申請簽證，重新進入美國獲得合法H-1B身份。境外簽證風險極大，一旦遭拒就無法回到美國。因此，廣大等待H-1B名額人士應策略性安排、保持身份，以便在美順利轉換身份。

受影響最大的無疑是E或J類學生。今年7月23日，移民局曾公佈備忘錄，指出E和J身份的學生學者只要在7月31日之前遞交H-1B身份的申請，並且該H-1B身份申請的開始時間是2004年10月1日，即使E和J身份失效，也將被移民局視為合法居留，無須離境。但是，這次移民局的通知並未提及對E或J仍有此類寬容規定。我們認為，為保險起見，E類學生身份持有者等待H-1B名額時如身份到期，應採用繼續入學或延期畢業的方式，以保持E身份，或臨時轉換成B身份等。對於J類，如延期涉及到受新的回國限制問題，應謹慎考慮，諮詢律師。對於持其他身份人士，應採用相應轉換或延期身份方式，保持合法身份直至2005年10月1日。

對於已具備條件可以按不需要勞工證的特殊人才類申請移民(如國家利益豁免免類)的人士，如及時提出I-40移民申請，同時申請I-485身份調整，可以保持合法身份，但是這一方式要與律師仔細商量後，明確利弊之後才能慎用。因為一旦使用485等待身份，今後可能無法再轉回H-1B身份，或其他非移民身

份。

對於那些配偶在美國有合法非移民身份的人士(比如說配偶是F-1或H-1等)，應當及早轉換成E-2或H-4等非移民身份，直到2006年的H-1B名額開始發放。

三、如何爭取新的H-1B名額。

除非國會通過新法律，今後每年H-1B名額將保持65,000。根據今年名額使用情況，從2004年10月1日開始發放的2005年度的名額，僅6月就全部用完。對於2005年10月1日將開始發放的2006年度名額，完全有可能在2005年10月1日之前用完。因為移民局宣佈將從明年4月1日起接收適用新年度名額的H-1B申請案。而H-1B名額的發放是以移民局收件日為準，先到先發。因此，在2005年4月1日到10月1日的6個月之間，如按今年的申請進度，完全有可能發放完所有的2006年度的名額。

面對這種情況，等待H-1B名額的員工應盡最大能力，要求僱主在2005年4月1日之後盡早提交H-1B申請(當然，申請中H-1B開始日期應定為10月1日或之後)，以保證獲得名額。外籍員工應自己或請其律師向其僱主解釋這一特殊情況。以避免許多美國僱主誤認為2005年10月1日之後或接近10月1日才遞申請的看法。

H-1B的名額不僅關係到許多外籍學生和員工眼前的利益，而且還是今後長期移民計劃中的關鍵基石。因此，對於H-1B名額危機產生的法律問題應向有經驗律師請教。

(張哲瑞聯合律師事務所)

舢舨新年特刊現在開始邀稿

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食譜一則：健康

燕麥方塊餅

材料：

- a 含鹽奶油 半杯 (一小條)
- b 細砂糖 1/3 杯
- c 全蛋 2 顆 (或兩顆蛋白)
- d 香草精 1 小匙 (teaspoon)
- e 中筋麵粉 1/4 杯
- f 全麥麵粉 1/4 杯
- g 桂格(快煮)大燕麥片 1 杯
- h 桂格即食燕麥片 1 杯
- i 三多膳食纖維 (Santosa Dietary Fiber) 2 大匙
- tablespoon
- j 優鮮沛 Ocean Spray 蔓越莓果乾 (Sweetened Dried Cranberries) 1/4 杯 + 1 杯

少許裝飾 (可用葡萄乾代替)

做法：

1. 預熱烤箱 375 度 (華氏) 或 175 度 (攝氏)
2. 混合 a, b 用電動攪拌器打稍微發，加入 c, d 再打一會兒，混合均勻

2. 加入 e, f, g, h, i 混合拌勻，加入 j 稍攪拌，放入 8x8 吋的方型烤模內壓平，表面裝飾數粒蔓越莓。(亦可用湯匙舀，排放在一般餅乾烤盤，烘烤時間要縮短)

3. 375 度 (華氏) 烤 25-30 分鐘，取出放架上待稍涼，切片。(若喜歡乾一點，再入爐用低溫烘烤一下)，完全涼後放密封罐，儘速食畢。

心靈小語：

因為有時烏雲密布，我們才會欣賞風和日麗。

因為疲倦，我們才懂得珍惜休息。

因為年華會逝去，我們才寶貴青春。

身體的除濕

在秋冬季節變換時，由於外在的溫差、溼度，以致於飲食生活習慣的不規律，使得體內潮濕、氣血循環變弱、黏膜組織滋潤物不足，致使免疫力下降，很容易引發呼吸系統的病變。

解決之道：

1. 早睡早起，晨起睡前做柔軟體操或簡易動功五到十分鐘，不僅可以鍛鍊出強健的筋骨，亦可清除體內的濕氣、寒氣或溼熱。絕對不要熬夜晚睡，那可是會將你的免疫力降低高達 30%。

2. 咳嗽時，我們可以握拳，以拳頭的上方敲打胸部的左上角及右上角；此乃肺部的頂端，輕輕拍打此處六十下，敲打中喉嚨會癢癢的然後產生咳嗽，這是讓髒東西出來。

3. 鼻過敏時，雙手同時按摩後腦袋五分鐘，喝熱杏仁茶，或大步快走半小時，或洗澡時以較熱熱水沖後頸部數分鐘。

4. 有一位治癌專家說：「避免癌症的最佳方法，就是一年到頭都喝溫開水。」我們的身體必須消耗極大的能量，才能將喝下的冰飲料溫暖至正常體溫，如此一來整體的免疫力自然遽降了。

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華埠治安委員會：

華埠十七處將設監視攝影機 九月社區搶案、毒品案減少

華埠將是波士頓內首先施行該治安政策的地區，若成效良好，將推廣至全市施行。

華盛頓街與必珠街、必珠街與夏利臣街，及必珠街與好事福街等的交叉口。他表示，下周將與社區開會，決定最後安裝地點，最快月底前開始安裝。

歐洛克在會中展示地圖表示，初步擬訂將裝設監視攝影機的華埠地點包括：華盛頓街與柏伊士頓街、華盛頓街與必珠街、必珠街與夏利臣街，及必珠街與好事福街等的交叉口。他表示，下周將與社區開會，決定最後安裝地點，最快月底前開始安裝。

華埠治安委員會每月例行會議本月六日於華埠雙樹飯店 (Double Tree Hotel) 舉行，波士頓警局AI區隊長歐洛克表示，警方已初步決定在華埠十七個經常出現犯罪的地點安裝監視攝影機。甫上任之麻州公共交通署 (MBTA) 銀線巴士第三階段工程與華埠間聯絡人余黃小娜，也在會中說明了銀線巴士第三階段工程之準備進度。

余黃小娜表示，MBTA 銀線巴士第三階段路段工程，計劃在益士石街地段後延伸。路線將在天滿街、查爾斯街，或哥倫比亞大道三線中作選擇。MBTA 將在完成環境評估、社區會議討論及公共置評後，參考各界看法，決定最合適開發的路線。銀線完成後，將成為波士頓地鐵運輸系統的第二條路線。

石自空中落 險些傷行人

九月八日早晨，大風雨過後，我沿著中華貿易大樓門前行趕往華埠。約九時八分，正當我於大樓轉角跨入華盛頓大街的瞬間，突然墜下一物，刷著我撐起的雨傘邊緣，撞擊在我足前的地上。

“砰”的一聲，嚇我一跳。定神一看，卻是一塊黑色的水泥硬石。此石堅硬，有稜有角，部分形成刀刀狀。幸好神明保佑，有驚無險，未傷及任何人。我趕時間開工，便匆匆走向華埠。

工作過一陣後，坐定靜思，深感剛才一幕，實為一起危害公眾安全的危險事件，很有必要告知民眾。因此，我跑回事發現場尋回那塊硬石。順便往上觀察了大樓，發現其外牆屋簷某處有崩掉一塊缺口（螢石是否出自此處尚要核實）。

把此石放到磅秤盤上，指針停在250克刻度上（超出半磅重）。

如果當時我沒有撐著雨傘，並走快一步，硬石可能正好擊中頭頂，其後果真不堪設想。即使紐英倫醫院就在眼前，也難逃死神的召喚。聯想起高空擊物打在馬路或行人道上的事情時有發生，借此呼籲大家提高警惕確實必要。預防為主，防患於未然。

希望各位先生女士，特別是老人家，在沿建築物旁邊行走、行經建築工地旁，或走在大樹下時，切記提防高空墜物，尤其是在大風雨中及大雨過後。並敬請有關業主和部門定期檢查建築物、建築工地、廣告牌及路旁大樹，是否安全。有隱患者宜及時檢修或處理。預防意外誤傷，造福於民。

（波士頓居民 劉東海）

她也簡報目前銀線巴士正在進行的第一階段工程進度。她說，第二階段有97%的工程已完工，除延伸至Logan路線需要再一年左右外，其餘將於今年年底全部完工。她也表示，自己為新到任之麻州公共交通署銀線巴士第三階段工程與華埠間聯絡人，歡迎大家有問題與她連絡。

歐洛克在報告九月華埠治安情形時指出，與去年同期或上月比較，華埠的搶案及毒品案均明顯減少。今年至9月底，已破獲總數238件毒品案，與去年相比，成果不錯，而社區治安還需要警民間繼續配合。歐洛克再次鼓勵民眾善用911警方服務電話，許多民眾誤認為只有在緊急求助時才可以撥打911。遇到任何可疑情況或任何需要警方協助的事件，都不要遲疑撥打911。

【右圖：甫上任之麻州公共交通署 (MBTA) 銀線巴士第三階段工程與華埠間聯絡人余黃小娜。

擁有社區經驗長達二十八年的余黃小娜，能精通英語、普通話、廣東話及台山話，她也是執照的法庭及大型會議同步翻譯員。余黃小娜表示，政府與民間的雙向溝通很重要。自己為新到任之麻州公共交通署銀線巴士第三階段工程社區聯絡人，願意為大家提供與麻州公共交通署溝通的管道。】



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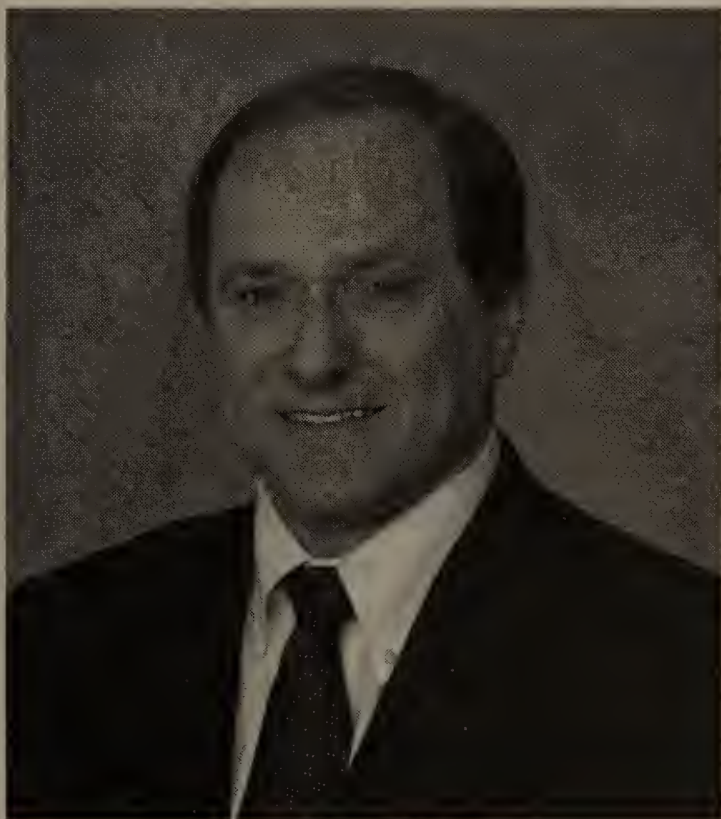
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醫師問答 去除對癌症的畏懼

新英格蘭醫療中心血液與腫瘤學助理教授及防癌委員會聯絡人陳醫師 Dr. Geoffrey Chan 表示，由於文化的關係，亞洲人對癌症總有忌諱，不願和他人討論而且避免定期檢查。這種諱疾忌醫的現象是個很大的問題，因為當癌症的症狀出現時，往往已延誤了治療的最佳時機。

為了進一步了解癌症並協助亞裔人士去除對癌症的恐懼，我訪問了陳醫師。

以下是我們的談話內容：
問：您為什麼對亞裔人士的癌症教育如此有興趣？
答：亞洲人在美國的第一死因並非心血管疾病而是癌症。我認為在預防、定期檢查、和治療等方面，我們仍然有許多可以為社區大眾加強服務之處。

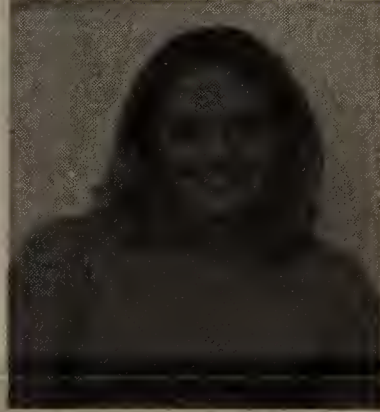
問：您認為癌症在波士頓亞裔人口中是一個嚴重的問題嗎？
答：在這裡亞裔人口有兩種。出生於美國的亞裔和其他美國人種有相似疾病因素，所以他們得的癌症也略同。另一種則是自海外移居來美的人士，他們和西方人有較不一樣的癌症，例如肝癌和胃癌。肝癌源於亞洲普遍的傳染性肝炎，胃癌則是由於飲食習慣所造成。除此之外，子宮頸癌在亞裔女性中也很常見，多數是因為她們沒有定期做抹片檢查，因而失去了治療的良機。

問：為什麼定期檢查對癌症治療如此重要？
答：要是及早發現，許多癌症都可以治療，而且病人可以恢復完全健康正常的生活。相對的，進入末期的癌症往往非常難治。舉例來說，定期抹片檢查可幫助女性提早發現還未惡化的子宮頸癌，而這時痊癒率為99到100%。一旦癌細胞擴散到淋巴腺和骨盆腔，那便回天乏術了。當然，有些癌症（如肺癌）是很難早期診斷出來的，所以預防特別重要。

問：如何預防癌症呢？
答：對癌症的認知是極重要的第一步。人們必須知道癌症究竟是什麼以及是如何形成的。下一步則是取得良好醫療服務以便作所有必須的定期檢查。預防癌症最佳的方法就是培養出健康的活習慣，譬如說不吸煙、不喝酒、避免添加防腐劑的食物，以及定期看醫生和接受癌症檢查。

問：人們如何知道他們得到癌症的可能性有多大？
答：因為基因和生活習慣都是極大的因素，每個人都可能得到癌症。假使你的家庭中有人得過癌症——尤其在3歲以前——你必須提早開始健康的生活並定期作檢查。在生活習慣上舉例，如果你常吸煙，你得肺癌的機率將是不吸煙者的25倍。此外，年齡也是個癌症的疾病因素。年紀大的女性較有可能得乳癌，男性則較容易得攝護腺癌。因此，定期檢查對上了年紀的人是極重要的。

(右圖為作者 Anne S. Abbott 左圖為翻譯 Peter Chang)



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司徒賢律師再全美十大法律學院，紐約大學畢業，是麻省，新澤西，紐約三州註冊職業律師，曾被香港（一週刊），台灣（聯合報），美國世界日報，（Boston Globe），（San Francisco Chronicle）訪問有關法律政策。



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Meet Dora Hui:
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Dora Hui came to the Park School in Grade VI from the Farragut School in Boston. She applied to other independent schools but chose Park because of its excellent academic reputation, small classes, and beautiful campus. But Dora's favorite thing about Park is the people - "they're just so great!" She became good friends with students and teachers. "My teachers were partners in learning - pals whom I talked with during breaks."

Dora played on the soccer and basketball teams which compete against other independent schools. "The drama program at Park is excellent too, and I only regret not being able to do everything!" Dora excelled in the classroom and received The Headmaster's Award for Academic Excellence at graduation. She is currently a tenth grader at Concord Academy.

Park is an independent coeducational day school for 500 students, ages 4-15 from the greater metropolitan Boston area. The 26-acre campus is located in a country-like setting near Jamaica Pond and opposite Larz Anderson Park.

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Sunday, November 7
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社區簡訊

【教育資訊】

·華美福利會亞裔家庭學習活動：讓你在參加這個免費的家庭英文班學習英語的同時，能與你的子女在英文上同步共進。家庭英文班的課程包括讀、寫、聽、講：『幫助你解決日常生活英語上難題的同時，更可增長各方面的知識，不會與社會脫節』

第二班……中等程度……每星期上課兩天(上午十時半至下午一時半) 第三班……高等程度……每星期上課兩天(上午十時半至下午一時半)

每月活動為課程的一部分，必須參加。講座主題包括子女教育、醫療保健、社區資源及財務管理。目的為提高學生對社區資源的認識。

圖書手工藝活動：學生帶子女出席，促進親子關係和子女課餘學習的溝通。報名資格：波士頓居民(持綠卡或公民身份)有子女或兒孫在三至十歲之間的低或中等收入亞裔家庭。

查詢電話：617-426-9492 接線212 鄧小姐 或到華埠大滿街200號查詢。

【康樂活動】

·擁有多張白金銷售的台灣搖滾歌手張震嶽，本周展開全美十場巡迴演唱會。波士頓專場將在十月十八日晚間八時，在Middle East (472 Mass. Ave., Cambridge)舉行。

主辦此次巡迴演唱會的全球娛樂公司House of Blues的資深副總裁Kevin Morrow 說：張震嶽將是首位在美國主流演出市場做巡迴演唱的華人歌手。該公司也為首次主辦華人搖滾團體的全美巡迴演唱，把張震嶽獨特的音樂風格介紹到美國主流市場，感到興奮。

在台灣、香港、大陸有知名度的張震嶽，其音樂常被拿來和Incubus、Blink182和羅賓威廉斯比較。不但擁有三百萬張累積唱片銷售量，也會在台

灣、香港、大陸舉辦過上萬人演唱會。最近在Mc Hot Dog的加入後，張震嶽更把嘻哈曲風也融入他的搖滾音樂裡。

他也曾擔任過許多知名歌手的製作人，如李心潔、莫文蔚、楊乃文、蘇慧倫等。在他最新專輯「阿嶽正傳」中展現全方位音樂才華，整張專輯，不論是吉他、貝斯、鍵盤和鼓，都由他一人演奏製作完成。此外，他也曾是可口可樂公司在大陸的代言人。

張震嶽波士頓演唱會門票，可在www.ticketmaster.com購買。

·北美體育協會主辦(MIT T-Cub)協辦的「2004年第二屆北美體協杯乒乓球比賽」，將於十月三十一日(星期日)上午九時至下午八時，在麻省理工學院(MIT) DuPont 體育館舉行，報名截止日期為十月十五日。

比賽將分男子成人組(甲級、乙級)、女子成人組、少年組(十六歲以下)、老年/殘障組、單打(甲級、乙級)、男女混合雙打等各組進行。

各組分設冠、亞、季軍三個獎項。主辦單位已訂定抽籤、分組、分級、比賽規則、比賽賽程等辦法。有關資訊可瀏覽體協網站www.cnasa.org。

【藝文展覽】

·蔡明亮電影波城名校巡迴展將於十月十九日至二十一日，在愛默森學院、哈佛大學、波士頓大學、塔夫茲大學等校舉行，將透過放映蔡明亮導演的作品及座談等方式，探討蔡明亮電影中的文學性與藝術性及社會寫實意涵。

這次名校巡迴展覽活動將放映的電影包括「你那邊幾點」、「不散」、「天橋不見了」，及「青少年哪吒」等蔡明亮近年作品。其中「不散」一片即將在美國放映，曾獲得影評人費比西獎，同時入圍芝加哥影展及紐約影展競賽片，預料將成為本次活動影評人矚目的焦點。

巡迴展覽活動聯合開幕酒會將於十月十九日下午五時三十分，在哈佛大學電影資料館舉行。蔡明亮將出席活動，

並於其電影放映後，與參加活動的民眾、校園師生及影評人等座談，暢談他的創作理念及藝術觀。

蔡明亮執導筒十餘年來，除上述放映影片之外，曾陸續拍過「愛情萬歲」、「河流」、「洞」等多部電影，另外編導過二十餘部電視劇及短片。由於敏銳之觀察力及電影中所蘊含之文學性，他執導的電影過去頻頻在東京影展、芝加哥影展、柏林影展、威尼斯影展、坎城影展、亞太影展及金馬獎等國際影展中獲獎。

此次電影巡迴展覽活動由中華民國行政院新聞局贊助，並由駐波士頓經文處新聞組居中協調，哈佛大學等四大大名校共同促成。其中十月十九日下午七時至九時，在哈佛大學電影資料館舉行的「不散」及「天橋不見了」兩場電影放映活動，將開放外界購票觀賞，意者可電(617)495-4700，或上該館網站www.harvardfilmarchive.org查閱資訊。

·新罕州南部的威爾頓鎮(Wilton)將在十月十六日於Town Hall Theater舉行秋季影展。這是當地第十一屆影展(Wilton Film Festival)，過去十年來都是在五月份舉行，今年第一次改在十月。十五日下午五時將舉行開幕首演慶祝會，票價二十五元，現場除了乳酪及點心招待及音樂演奏外，並放映影展所選出的最佳影片，也將同時舉行頒獎儀式，十月十六日當天將放映參展影片，買一張十元的票，可看整天的電影，只看一場電影的票價是兩元。查詢電話(603)654-6564。

·由中華書法會及波士頓僑教中心聯合主辦的第二屆雙十國慶書畫展於即日起至十月十六日(周一除外)上午10時至下午5時開放參觀。此次展覽共展出13位書畫家的近50幅中國傳統書畫作品。該展覽將，有興趣的民眾可前往僑教中心禮堂欣賞。

·紐英崙藝術學會自即日起至十月三十

一日止假該會舉辦秋季攝影展，一百七十幅作品展現出神州大陸、麻州和歐陸各國美麗景色。藝術學會秋季展覽的作

品主題豐富，有神州大陸的黃山奇觀、桂林山水、德天瀑布、明仕田園、漓江筏舟、龍勝梯田、波城夜雨、春夏花卉以及歐洲風情等，多采多姿。

主辦單位歡迎各界人士參觀。有關展覽詳情可電(617)728-8588，紐英崙藝術學會地址：11 Edinboro St., Boston(華埠月宮餐廳隔壁)。

【僑團訊息】經文處長劉志攻榮調命令發佈後，僑社人士不斷詢問歡送會的時間。富組織能力，又有深廣人脈的余麗瑛、馬滌凡當仁不讓，願意在接辦國慶餐會的同時，策劃一場溫馨有情的全僑歡送盛會。在確定新處長十一月二十七日的到任期後，已和劉志攻處長敲定歡送會日期為十一月二十一日晚，地點仍訂在帝苑酒樓。

馬滌凡表示歡送會中，將由各僑團代表致意或獻藝，表達對劉處長不捨和祝福之情。

經文處長劉志攻歡送餐會都訂價為每位25元，每桌250元。訂位或查詢請洽：馬滌凡 (617)332-9350、余麗瑛(617)407-1287，或僑教中心：(617)482-3292。

·中華頤養院史立德學習中心(120 Shawmut Avenue, Boston)10月份第二次免費早餐講座將在十月二十一日上午九時至十時半舉行。將邀專人以粵語及普通話提供有關聯邦醫療保險處方藥物新福利「資訊」，介紹聯邦醫療保險關於處方藥物的新福利，並協助需要者提出申請。

申請時可將每月所需的藥品清單、價格和紅藍卡帶來。在中華頤養院登記獲取藥物。

新福利的日期和時間為十月二十一日上午十時半至下午一時，十月二十

八日上午九時至十二時，十一月四日上午九時至十二時。有關講座詳情及預約可洽譚小姐(617)482-2541。

·波士頓老人局將於十月二十一日下午十二時至二時，於中華耆英會君子樓餐廳(Oak St., West Boston)主辦免費口腔檢查，該活動並由塔夫茲大學牙醫學院協辦。檢查項目包括牙齒損壞、牙肉痠痛、牙周病、假牙、齲齒及口腔癌。名額僅限30名，先到先得，可到耆英會君子樓辦公室登記，或電(617)423-7560。

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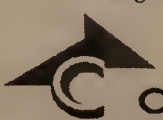


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一場針對平價超市改建成公寓大樓的公眾會議於十月十三日傍晚於南端的天主教神聖十字架教堂(Cathedral Holy Cross)舉行。

波士頓建商哈羅布朗(Harold Brown)底下的翰姆頓公司(Hamilton Company)自一九九零年將華盛頓街1102號的土地承租給平價超市，近日租約到期。翰姆頓公司計劃不再與平價超市續約，而將平價超市現址改建成一個具有96個住宅單位的住商混合大樓。這個計劃大樓，被稱作「翰姆頓城門」(Hamilton Towne Gate)。

翰姆頓公司表示，「翰姆頓城門」大樓將座落在華盛頓街(Washington Street)及柏克萊街(Berkeley Street)「包含兩棟大樓，預期能改善當地的景觀及振興南端的活力，並提供16個平價住宅單位。」

許多與會的民眾表示，「翰姆頓城門」為社區帶來的福祉十分有限，尤其是民眾所熟悉的平價超市將被迫遷移或結束營業。」

當翰姆頓公司表示這個興建計劃將帶來二十個工作機會，與目前平價超市所有的九十個工作職位不相稱。華埠社區議會共同協調人 Bill Moy

平價超市現址將改建成公寓大樓 華埠民眾不滿 紛紛至公眾會議申援



（關心平價超市的民眾到公眾會議聆聽翰姆頓公司對平價現址的計劃）

表示，「我認為這不是一個等值的交易。」

部分出席民眾並質疑平價住宅單位的真實意義，「這個計劃中所稱的平價住宅單位多為小型單人公寓，月租為\$1,156 至\$1,734。」

華埠社區活躍人士余士昂表示，「這個興建計劃的受益者只有翰姆頓公司。社區居民根本無法負擔得起發展商所稱的平價住宅單位。」

許多到場支持平價超市的人質疑「發展商如何正視因平價超市被迫遷移或終止營業而失業的員工及其眷屬的生活。」

平價超市創辦人之一Ellie Lee表示，「今年二月受到遷移通知實在令人震驚且不解。」翰姆頓公司的Brown表示，「這不該造成如此的震驚，因為在簽署租約時，租賃條文上都明白表示翰姆頓公司在租約到期時有權收回土地，改建成其他建築物。」（原文於英文版第一頁）

華埠代表與重建局官員協調 仍無正式結果

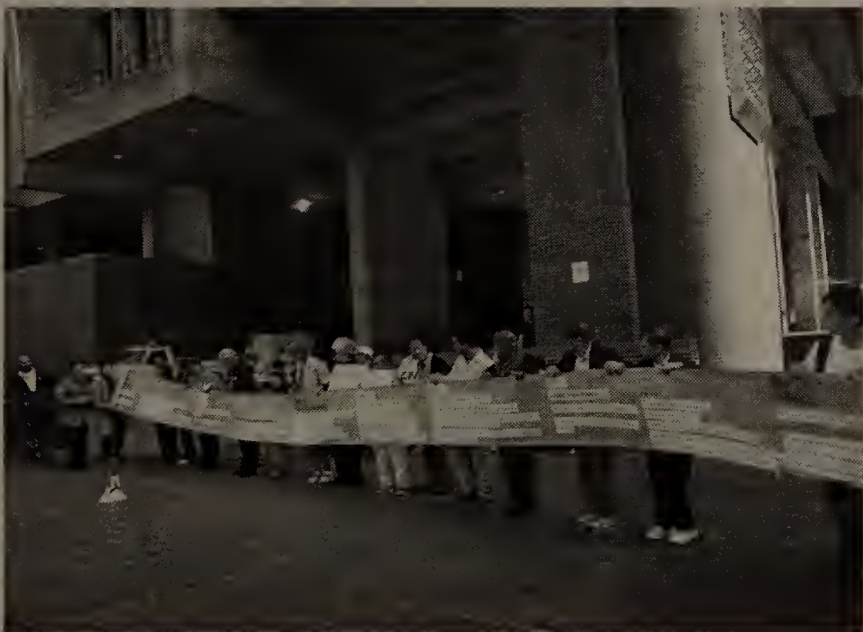
在前日欲與甫上任的重建局「實行承諾專員」可莉未果後。華人前進會等九名代表十月五日進入市府，與重建局主任麥隆尼(Mark Maloney)、主任特別助理馬遷(Paul McCann)、及市長與華埠間聯絡人翁耀漢會談。

九名代表包括華人前進會執行主任駱理德、副主席趙英才、執行委員梁惠雯、籌款主任李美蓮、市議員透納、保衛華埠委員會執行委員梁聯(華人前進會、華埠居民及部分社區領袖於十月四日上午齊聚市政府星、華埠居民余淑勤，前廣場，歡迎首位波士頓重建局(BRA)「實行承諾專員」可莉(Christine Colley)就任，並為過去重建局未實現的諾言展開陳情，其中最主要是希望重建局將信義大廈管理費，依照佔有地比率公平分配。)

約一小時的會議中，重建局提出「願意補助十年信義大廈管理費的差價，而十年後仍然必須自行負責」，及「請華人前進會自行對購屋者做調查，若購屋者同意，重建局願意接受重新分配大樓管理

費」兩項提議，雙方經協調後仍然沒有正式結果。

駱理德步出會場後表示，此會談僅口頭溝通，並無正式紀錄。她表示，社區代表並沒有同意任何一項提議，並表示會尋求更多法律上的援助，以支持華前進會所提公平分配信義大廈管理費的訴求。



步行活動正式開始前，曼寧諾市長首先率領全體合唱國歌。他在致詞時表示，市府鼓勵全民運動，目前在各社區正積極推廣老人健康步行運動，普遍獲得熱烈響應。

市府老人局局長格林拜瑞(Ellis Greenberry)說，步行是非常適合老年人的

日常保健方式。

參加步行活動的華人中，年齡最長的有96歲的朱齊香、95歲的陳香蘭、94歲的梅希、93歲的阮翠玉。他們步行自如，均住在華埠康樂樓老人公寓。

住在君子樓84歲的鍾珠，年前發生車禍，她勇敢有毅力地手持手杖，走完全程。住在劍橋92歲的姚望、和家居勒星頓的譚月蓮表示，每年都趕來波士頓參加一年一度的健康步行活動。

市府的老人健康步行活動 約兩百名華人耆英共襄盛舉

由波士頓老人局主辦的老人健康步行活動，日前在波士頓公園展開，市長曼寧諾親自主持了這項活動。約有千名老人熱烈響應了這項活動，而其中約有兩百名的參與者為華人耆英。

現場也有醫療專車，為參加人士提供免費量血壓、血糖測檢，和足部檢驗等體檢項目，各服務攤位前大排長龍。選民登記服務台也在現場為新移民辦理選民登記。



（曼寧諾市長致詞）

Vote for Reform 請投票支持改革

Elect Marco Sandonato for State Representative • 請選 Marco Sandonato 為州議員
1st Norfolk District • Norfolk 第一選區

- ☑ Supports a tax rollback and lower taxes to help small businesses, create more jobs and bring more industries to the Commonwealth
- ☑ Supports legislation that would create more Charter Schools to increase the quality of education
- ☑ Supports the promotion of a legitimate 2-Party system and leadership that is not handpicked by Thomas Finneran

- ☑ 支持退稅和減稅以協助小企業，增加就業機會和在本地鼓勵更多工業投資
- ☑ 支持立法設立更多特許學校以提昇教育質素
- ☑ 支持提倡一正統兩黨制和領導層而不是由 Thomas Finneran 個人選拔的。

Marco is the son of Italian immigrants who own small businesses for over 20 years and understands the vital role that small businesses have in our community. Having earned a BA in economics as well as a Juris Doctorate, Marco believes that a solid educational foundation before college is critical to ensuring success in higher education. Marco has worked in both the private and public sectors, most recently having spent seven years at the Massachusetts State Treasury. Marco is the only candidate who stands for reform.

Marco 是經營小企業達二十餘年的義大利移民之子，深知小企業業主在社區的重要角色。擁有經濟學士學位及法律博士學位的 Marco 相信大學以前扎實的基礎教育對確保高等教育的成功很重要。Marco 過去任職的單位包括私人企業及公家單位，最近的經歷是於麻州財政部工作七年。Marco 是唯一一堅持改革的候選人。

VOTE for Marco Sandonato on November 2nd. 十一月二日請將您神聖的一票投給 Marco Sandonato.



Paid for by the committee to elect Marco Sandonato
由 Marco Sandonato 競選總部贊助

中華民國九十三年雙十國慶 僑界首領主流官員紛紛祝賀

一條舞龍給中華民國民俗藝術工作坊，當晚由劉志攻和許多貴賓點睛，並由中華民國民俗藝術工作坊帶來精采的舞龍表演，獲得熱烈掌聲。

當晚表演節目多元精采，有少林洪家武術學院精采熱鬧的舞獅表演，有紐英崙中華藝術協會帶來的民族舞蹈和台灣山地舞。而僑委會捐贈

八二二炮戰榮譽勳章與中美協防紀念章給一位住在麻州的老兵貝克(Peter Baker)，感謝他當年協助台灣。

美國主流界有緬因州州眾議會議長柯威爾(Patrick Colwell)、新罕布夏州曼徹斯特市長貝茲(Robert Baines)等人親自到場祝賀。

波士頓市議員亞羅佑(Celina Arroyo)則代表市議會獻上賀狀。阮鴻燦代表麻州州長羅穆尼送上賀狀。另外紐英崙各州州長、包括波士頓市在內的多個市鎮也紛紛表達祝賀。

經文處於酒會上還特地頒發八二二炮戰榮譽勳章與中美協防紀念章給一位住在麻州的老兵貝克(Peter Baker)，感謝他當年協助台灣。

中華公所主席陳仕維也上台致詞對中華民國九十三歲的生日表達誠摯的祝賀。

對劉志攻三年多來在波士頓的努力和對華埠社區的付出積極讚許。陳繼續表示，劉志攻既是稱職的外交官，亦是大家的好朋友。

今年國慶籌備會主任委員——華埠僑領陳毓禮除獻上祝賀之外，也對劉志攻三年多來在波士頓的努力和對華埠社區的付出積極讚許。陳繼續表示，劉志攻既是稱職的外交官，亦是大家的好朋友。

榮、成長。他強調，台灣肩負著歷史發展重任，台灣民主的成功，才能為大陸同胞爭取自由民主帶來希望。他並祝中美兩國友誼永存。

晚會在劍橋合唱團王俊傑領唱中華民國及美國國歌後揭開序幕。駐波士頓台北經濟文化處長劉志攻致詞時，代表陳水扁總統與政府對各界表達由衷的感謝與歡迎。

他指出，九十三年前國父孫中山為自由民主而創建中華民國，經過數十年來海外僑胞的支持，中華民國得以繼續繁榮、成長。他強調，台灣肩負著歷史發展重任，台灣民主的成功，才能為大陸同胞爭取自由民主帶來希望。他並祝中美兩國友誼永存。

駐波士頓台北經濟文化處於十月七日晚間於波士頓Copley Plaza Hotel舉辦慶祝中華民國九十三年國慶酒會。數百名紐英崙各界的政治人物、學者、僑胞、學生們皆到場參與此盛會，並欣賞精彩節目表演，歡喜熱鬧地為中華民國慶生。

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波士頓公共健康委員會提醒家長交還同意表以便您們的子女能夠獲得免費的學校保健服務。可提供初級保健教育。

新學年已開始，市長曼寧諾和波士頓公共健康委員會想提醒十八歲以下孩子的家長／監護人交還同意表，使其子女能夠參加該委員會的免費學校保健服務(簡稱SBHC)。

該委員會設在學校的多間保健中心為大約三千名學生提供初級保健教育，這些中心持有波士頓市醫療中心的許可，設於波士頓十所公立學校內。每間中心從上午七點半到下午三點均有執業護士或醫師助理值班，並由移民醫師輪流巡視各中心進行監督。

除學校護士之外，雖然任何孩子都可以向學校護士求助，但是十八歲以下的學生必須有其家長或法定監護人簽字的同意表，方可獲得SBHC服務，此項服務的內涵包括：

健康孩子護理——包括STD檢查、體檢、膽固醇檢查等等。

急慢性疾病護理——包括哮喘發作及慢性哮喘檢查設備、咳嗽、傷口、慢性體重減輕等的檢查。

外傷處理

口腔衛生

諮詢——包括營養及心理健康

轉診

健康教育及保健資料

波士頓公共健康委員會的學校保健中心主任，教育學博士 Gisela Morales-Barreto說：『學校護士是負責所有學生的，而參加我們計劃的孩子則可以獲得職業護士或醫師助理的治療，他們可以開出學校護士不能開的處方藥，提供現場護理和轉診。學校保健中心還擁有註冊營養師、顧問和牙齒衛生專家。無論學生是否有健康保險，都可獲得護理服務。對於沒

有家庭醫生的孩子，則由『波士頓醫療中心』的『青少年中心』負責指定一個。在本學年開始時，我們已將同意表寄給學生，該表格還可向任何設在學校的保健中心索取。』

年滿十八歲的學生可自行登記參加此項服務。

若要瞭解詳細資訊，請與波士頓公共健康委員會的學校保健計劃組聯係，電話617-534-5198



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